

Practice Schedule MOR - Riverwood

	1/1/2023	1/2/2023	1/3/2023	1/4/2023	1/5/2023	1/6/2023	1/7/2023
SR 3,Elite	New Year's day	6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
	New Year's day	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
	New Year's day	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Cat frozen
SR2	New Year's day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
	New Year's day	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
	New Year's day						
SR1	New Year's day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
	New Year's day	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	Cat frozen
AG4	New Year's day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
	New Year's day	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	Cat frozen
AGIII	New Year's day	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
	New Year's day	5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	Cat frozen
AGII	New Year's day	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
	New Year's day	5:45-6:15 DL		5:45-6:15 DL			
AGI	New Year's day		6-7 pm		6-7 pm		9-10:00 AM
	1/8/2023	1/9/2023	1/10/2023	1/11/2023	1/12/2023	1/13/2023	1/14/2023
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SR 3,Elite	Cat frozen	6:15-7 W	5:15-6:15 AM	6:15-7 W		Wave Tri.	Wave Tri
	Cat frozen	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Wave Tri.	or Nova LC
	Cat frozen	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	Wave Tri.	Wave Tri
SR2	Cat frozen	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Wave Tri.	or Nova LC
	Cat frozen	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Wave Tri.	Wave Tri
	Cat frozen					Wave Tri.	or Nova LC
SR1	Cat frozen	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Wave Tri.	Wave Tri
	Cat frozen	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Wave Tri.	or Nova LC
AG4	Cat frozen	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	Wave Tri.	Wave Tri
	Cat frozen	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	Wave Tri.	or Nova LC
AGIII	Cat frozen	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	Wave Tri.	Wave Tri
AGII	Cat frozen	5:45-6:15 pm		5:45-6:15 pm		Wave Tri.	or Nova LC
		6:15-7:30pm		6:15-7:30pm		Wave Tri.	Wave Tri
		5:45-6:15 DL		5:45-6:15 DL			or Nova LC
AGI			6-7 pm		6-7 pm		Wave Tri
	1/15/2023	1/16/2023	1/17/2023	1/18/2023	1/19/2023	1/20/2023	1/21/2023
SR 3,Elite	Wave tri	Nova LC		6:15-7 W	5:15-6:15 AM	6:15-7 W	
	or Nova LC	Nova LC	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
	Wave tri	Nova LC	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2	or Nova LC	Nova LC	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
	Wave tri	Nova LC	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
	or Nova LC	Nova LC					
SR1	Wave tri	Nova LC	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
	or Nova LC	Nova LC	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4	Wave tri	Nova LC	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
	or Nova LC	Nova LC	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	Distance Day
AGIII	Wave tri	Nova LC	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
	or Nova LC	Nova LC		5:45-6:15 pm		5:45-6:15 pm	Distance Day
AGII	Wave tri	Nova LC		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
	or Nova LC	Nova LC		5:45-6:15 DL			
AGI	Wave tri	Nova LC	6-7 pm		6-7 pm		MOR snowflake
	1/22/2023	1/23/2023	1/24/2023	1/25/2023	1/26/2023	1/27/2023	1/28/2023
SR 3,Elite		6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4	Distance Day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII	Distance Day	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI	MOR Snowflake		6-7 pm		6-7 pm		9-10:00 AM
	1/29/2023	1/30/2023	1/31/2023	2/1/2023	2/2/2023	2/3/2023	2/4/2023
SR 3,Elite		6:15-7 W	5:15-6:15 AM	6:15-7 W	5:15-6:15 AM	6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4	Distance Day	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII	Distance Day	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII	Distance Day	6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM
	2/5/2023	2/6/2023	2/7/2023	2/8/2023	2/9/2023	2/10/2023	2/11/2023
SR 3,Elite		6:15-7 W		6:15-7 W	5:15-6:15 AM	6:15-7 W	
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	7-9 AM
		4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	4-6:00 PM	
SR2		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
SR1		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AG4		4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	4:00-6:00 pm	7-9 AM
		3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	6:00-6:30 dl	3:45-4:00 DL	
AGIII		6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	6:00-7:30PM	6:15-7:30pm	9-10:15 AM
		5:45-6:15 pm		5:45-6:15 pm		5:45-6:15 pm	
AGII		6:15-7:30pm		6:15-7:30pm		6:15-7:30pm	9-10:15 AM
		5:45-6:15 DL		5:45-6:15 DL			
AGI			6-7 pm		6-7 pm		9-10:00 AM

All practices at Riverwood unless noted.

Swim Meet

DL = Dry Land

Water

W=Weights

special event